



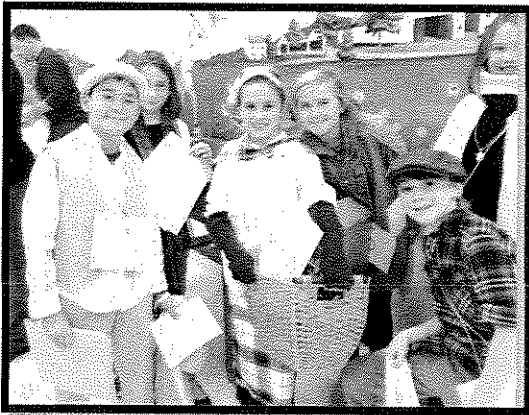
What an amazing week here at Cashman!!! The holiday projects were just amazing! Thank you to our students, families and staff. We are truly "Loving the Learning".



4<sup>th</sup> grade students live the Ellis Island experience of the early 1900s! (As Dr. Reese looks on!)



Student Council organized a food drive for Our Neighbors' Table.



Turkey Dinner with 3<sup>rd</sup> Graders. Gobble, gobble!

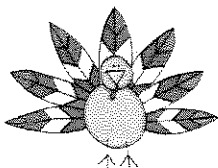


Kindergarten Friendship Feast was food for the soul.



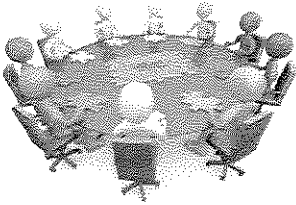
Amesbury School Committee Spotlight featured the Cashman Student Council. They made us proud!

From all of us at Cashman School to all of our families....



## Happy Thanksgiving!





## **An Evening with the Superintendent Strategic Plan Work Session**

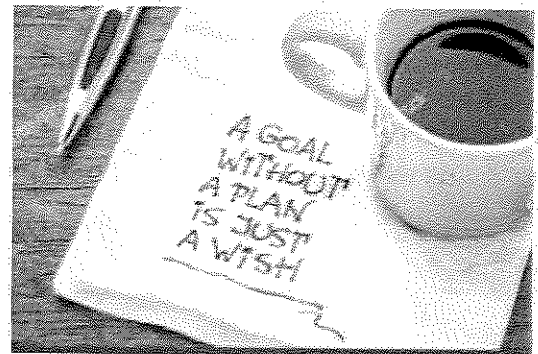
It is my pleasure as the Superintendent of Schools to welcome parents, teachers and community members to a city-wide meeting in order to receive input regarding the development of the district's strategic plan. It is my goal to utilize structured activities/protocols to review the draft strategic plan to ensure:

- that the document is clear and easy to understand/follow
- we have identified the appropriate key objectives and action steps for the next five years
- we have a sufficient balance of short- and long-term action steps that will help us achieve our objectives
- that all constituents have had an opportunity to analyze the document and provide feedback

I look forward to working with you to improve learning opportunities that will enable our students to be successful in the Amesbury Public Schools and beyond!

Gary Reese, Ed.D.  
Superintendent

Date: Wednesday, December 7, 2016  
Time: 5:00 pm – 7:00 pm  
Location: Amesbury High School  
RSVP: Heather McGhee,  
978-388-0507  
[mcgheeh@amesburyma.gov](mailto:mcgheeh@amesburyma.gov)



**December 2016  
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	2 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
5 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	6 Ham, Egg & Cheese on an English Muffin Chilled Fruit Assorted 100% Juice	7 Waffles w/Syrup Chilled Fruit Assorted 100% Juice	8 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	9 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
12 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	13 Sausage, Egg & Cheese on an English Muffin Chilled Fruit Assorted 100% Juice	14 Pancakes w/Syrup Chilled Fruit Assorted 100% Juice	15 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	16 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
19 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	20 Ham, Egg & Cheese on a Biscuit Chilled Fruit Assorted 100% Juice	21 Mini Cinni French Toast Chilled Fruit Assorted 100% Juice	22 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	23 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice

This institution is an equal opportunity provider and employer



**Alternate Breakfast Available Daily**

**Cereal Bowl & Mozzarella Cheese Stick**

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

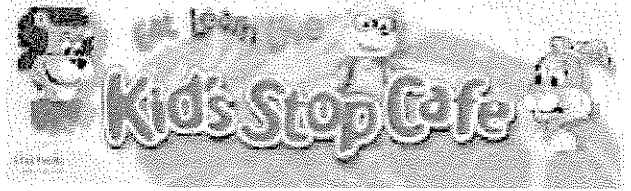
Offered w/ Featured Fruit or Juice Sides  
AND Choice of Skim, 1% or Fat Free Flavored Milk



\*All grain items made with whole grain

A full student breakfast includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

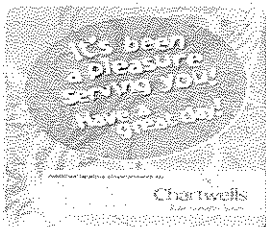
Questions?  
Please call Kevin Kish @  
978-388-4800  
X4339

**December 2016  
Elementary Lunch Menu  
Amesbury Public Schools**



	Monday	Tuesday	Wednesday	Thursday	Friday
				<sup>1</sup> <b>Breakfast for Lunch!!!</b> French Toast Sticks with Sausage Patties Tater Tots	<sup>2</sup> <b>Cheese or Pepperoni Pizza</b> Tossed Salad
<b>Alternate Meals: Nacho Fun Lunch, Ham &amp; Cheese on Whole Wheat Bread, Sun Butter &amp; Jelly Sandwich</b>					
	<sup>5</sup> <b>Chicken Nuggets!!!</b> Crunchy Oven Fries Seasoned Corn Wheat Roll	<sup>6</sup> <b>Hot Dog on a Bun</b> Baked Beans Broccoli w/ Cheese Sauce	<sup>7</sup> <b>Nachos!!!</b> Seasoned Beef w/ Tortilla Chips, Cheese Sauce, Seasoned Corn, Confiti Rice and Salsa	<sup>8</sup> <b>Breakfast for Lunch!!!</b> Pancakes with Sausage Patties Hash Brown Potato Patty	<sup>9</sup> <b>Cheese or Pepperoni Pizza</b> Tossed Salad
<b>Alternate Meals: Bagel Fun Lunch, Turkey &amp; Cheese on Whole Wheat Bread, Sun Butter &amp; Jelly Sandwich</b>					
	<sup>12</sup> <b>Classic Cheeseburger on Whole Grain Bun</b> Oven Baked Fries Lettuce & Tomato	<sup>13</sup> <b>Spaghetti with Meat Sauce</b> Seasoned Green Beans Wheat Roll	<sup>14</sup> <b>New Item!!!!</b> <b>BBQ Pulled Pork on a Bun</b> with Oven Fries and Coleslaw	<sup>15</sup> <b>Breakfast for Lunch!!!</b> Waffles with Sausage Patties Hash Brown Potato Patty	<sup>16</sup> <b>Cheese or Pepperoni Pizza</b> Tossed Salad
<b>Alternate Meals: Pepperoni Pizza Bagel Fun Lunch, Chicken Caesar Salad, Sun Butter &amp; Jelly Sandwich</b>					
	<sup>19</sup> <b>Chicken Nuggets!!!</b> Crunchy Oven Fries Seasoned Carrots Wheat Roll	<sup>20</sup> <b>Taco Tuesday!!!!</b> Seasoned Turkey with Mild Salsa, Lettuce, Cheese, Seasoned Corn Brown Rice	<sup>21</sup> <b>Campbell's Tomato Soup</b> Toasted Cheese Sandwich Fresh Veggie Sticks	<sup>22</sup> <b>Breakfast for Lunch!!!</b> Pancakes with Sausage Patties Tater Tots	<sup>23</sup> <b>Cheese or Pepperoni Pizza</b> Tossed Salad
<b>Alternate Meals: Bagel Fun Lunch, Ham &amp; Cheese Junior Sub w/ Lettuce &amp; Tomato, Sun Butter &amp; Jelly Sandwich</b>					
		<b>FREE DESSERT DAY!!!!</b> Friday, December 23rd <small>Free Sugar Cookie with Purchase of any Reimbursable Meal</small>		<b>Merry Christmas and Happy Holidays to all!!!</b>	<b>Have a Happy and Safe vacation!!!</b>
<b>Alternate Meals: Nacho Fun Lunch, Ham &amp; Cheese on Whole Wheat Bread, Sun Butter &amp; Jelly Sandwich</b>					
	Choose with any Meal: Tossed Salad Broccoli Florets Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Green & Red Pepper Strips Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Cucumber Coins Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Chick Peas Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit

This institution is an equal opportunity provider and employer



**Questions? Please call:  
Kevin Kish – Director of Dining Services  
978-388-4800 X4339**

A full student lunch includes a  
choice of entrée, fruit/vegetable  
side dishes, and a choice of milk.  
Milk choices include 1% white,  
skim white, skim chocolate

# CES Appreciation Luncheon

In celebration of our Cashman Teachers and Staff!

**Friday, December 9th**

The PTO is hosting an in-school lunch of donated food and gifts to show our Cashman teachers and staff that we appreciate all they do for our children! Any help you can offer is greatly appreciated. To volunteer your time or to donate a food or gift, simply return this completed form in the poly folder. You may also contact me directly, as I am also available to answer questions you may have. If you are interested in helping with this event, please respond timely so that I may plan accordingly.

**Contact: tarahildt@gmail.com or 781-690-3832.**

Please help us create a lovely event by choosing from among the following:

## **Gift Donations**

Raffle Item Donation: Y or N

Type \_\_\_\_\_

At each luncheon we put together fun raffles for the teachers and staff, so if you can donate a *gift item*, *gift card*, or are willing to make a *gift basket*, please do. Donations are super appreciated.

## **Food Donation**

Main Dish \_\_\_\_\_ Side Dish \_\_\_\_\_

Soup/Salad \_\_\_\_\_ Dessert \_\_\_\_\_

\*Hot dishes may be delivered cold, as we can reheat; soups can be sent in doubled-up gallon Ziplock bags.

*Please remember that NO nut or shellfish products may be used in any donated food, as the lunch buffet will be setup in a hallway where children may be in contact.*

Food and raffle donations will be accepted at Cashman on the morning of **Friday, December 9th**. If you need to drop off a non-food donation prior to then, please arrange a time with me through email.

## **Volunteer**

We need volunteers for Setup: \_\_\_\_\_ (8:30-11:00)

\*Please feel free to show up for any Lunchroom Coverage Time as long as you have a current CORI:

(K 11:00-11:30)      (1st 11:30-12:00)      (2nd 12:00-12:30)      (3rd 12:30-1:00)      (4th 1:00-1:30)

Your Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**Please return this with poly folder or drop it off in PTO box at the Cashman office. Many Thanks!**

There will be a PTO meeting Wednesday the 30th of November  
at 6:30 P.M. in the CES cafeteria.

Please come by to find out about up and coming activities the  
PTO is involved in, children are welcome.

Please send any agenda items to Tom Cassidy  
([tomcassidyaps@gmail.com](mailto:tomcassidyaps@gmail.com))



# **CES & AES PTO Science Fair 2017**

THE ANNUAL PTO CES & AES SCIENCE FAIR - THIS IS AN OPTIONAL EVENT FOR STUDENTS GRADES K TO 4 THROUGH THE PTO. NOT MANDATORY!

FOR THOSE WHO ARE INTERESTED...THE FAIR WILL BE **SATURDAY MARCH 4, 2017**

THE HOLIDAY BREAKS ARE A GREAT TIME TO START THINKING ABOUT PROJECT IDEAS! LOOKING FORWARD TO SEEING WHAT YOU COME UP WITH!

PLEASE EMAIL US AT **PTOSCIENCEFAIR@GMAIL.COM** WITH ANY QUESTIONS, CONCERNS OR IDEAS TO SHARE!

**VOLUNTEERS ARE NEEDED** TO JUDGE (NO SCIENCE BACKGROUND) AND MISC HELP THROUGHOUT THE DAY.

MORE ANNOUNCEMENTS TO COME THROUGH THE WEEKLY POLY AND THE AMESBURY PTO FACEBOOK PAGE!

## **DATES TO REMEMBER:**

**THURSDAY, JANUARY 5TH: SCIENCE FAIR INFORMATION MEETING,** 7PM - 7:30PM IN THE CES LIBRARY. THIS IS AN OPTIONAL MEETING FOR POTENTIAL PARTICIPANTS AND FAMILIES.

**FRIDAY, JANUARY 20TH: PROJECT PROPOSALS AND MEDIA RELEASES DUE** IN THE SCIENCE FAIR BOX IN YOUR SCHOOL'S OFFICE.

**THURSDAY FEBRUARY 2ND: DISPLAY BOARD PICK-UP,** 3 - 4:30PM IN THE AES LOBBY.

**THURSDAY FEBRUARY 2ND: DISPLAY BOARD PICK-UP,** 6:30-8PM IN THE CES LIBRARY.

**SATURDAY MARCH 4TH: - THE BIG DAY - 16TH ANNUAL SCIENCE FAIR** AT THE HIGH SCHOOL CAFETERIA, CLASSROOM AND AUDITORIUM

MAD SCIENCE SHOW AND AWARDS AT 1PM IN AHS AUDITORIUM

THANK YOU AND HAPPY HOLIDAYS!

MICHELLE PARSONS (CES) AND KIM HOWELL (AES)  
PTOSCIENCEFAIR@GMAIL.COM



# PTO AFTER-SCHOOL ENRICHMENT PROGRAM REQUEST FOR INSTRUCTORS!

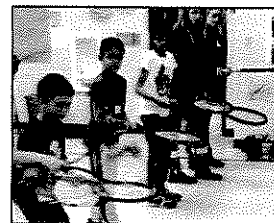
The Amesbury PTO is looking for instructors for the 2016/2017  
After-School Enrichment (ASE) Program.

Share your hobby, passion, sport, craft, talent, or special skill with  
our kids by teaching a one-hour class, once a week for 4 weeks!

**WINTER Session Dates: JANUARY 23<sup>RD</sup> – FEBRUARY 17<sup>TH</sup>**

**SPRING Session Dates: APRIL 3<sup>RD</sup> – MAY 5<sup>TH</sup>**

- ASE classes are held one day per week for the 4-week session.
- Classes for Grade 1-4 are held from 3:15pm-4:15pm .
- Classes for Kindergarten only are held from 1:45pm – 2:45pm.
- Make-up classes (for weather, early release days or holidays)  
are scheduled during the week after the formal session ends.



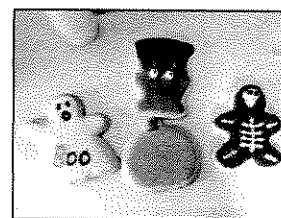
ASE instructors earn a stipend of \$45 per class (\$180 for 4-week session).

**Deadline for WINTER Instructor Proposals: Monday, December 19<sup>th</sup>**

**BUT – We are thrilled to accept proposals for future sessions now as well!**

Please include the following information in your proposal:

- Instructor's name
- Name of the class(es) you'd like to teach
- School at which the class will be held (CES or AES)
- Grades (K-4) eligible to enroll in the class
- Day(s) of the week on which you'd prefer to hold the class(es)
- Maximum class size (all classes must have a minimum of 10 children enrolled in order to run at \$45/class stipend rate)
- An estimate of materials/supply costs, if you will need to purchase any for the class (for items the students will make and bring home or eat during class); these are reimbursed
- Description of class



Have an idea for a class but have questions about logistics or how the program works?

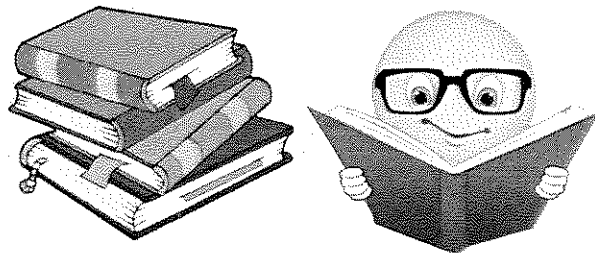
Feel free to contact Jen Clark at [AmesburyASE@gmail.com](mailto:AmesburyASE@gmail.com)

**Send proposals by Monday, December 19<sup>th</sup> to: Amesbury ASE@gmail.com**

**Please note: All instructors must have current CORI form on file.**

All class submissions are subject to approval by host school administration and PTO. Instructors will be notified ASAP of approval of submissions or additional information requirements.





Come to the Library's Scholastic Book Fair

**Dates: December 5<sup>th</sup>-9<sup>th</sup> and a special evening holiday shopping event on Tuesday, December 6<sup>th</sup> from 4-7 P.M. in the Gym.**

This event will be held during the day in the Cashman Library. No books will be checked-in or checked-out that week due to the fair.

Please send money in a clearly marked envelope with your child only on their Library day, but only if you want your child to purchase books.

Parents/Guardians may join me on Tuesday evening from 4-7 PM to do some holiday shopping!!!!

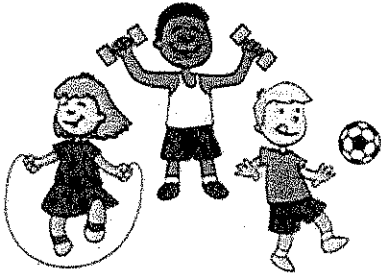
See you there!!!!!! All proceeds will benefit the Library's book collection.

Thank you,

Mrs. MacIntire

# Cashman Fit & Lit

Here's how the "Fit" works....



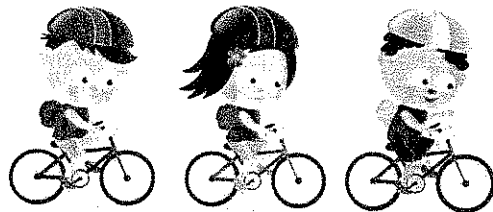
Aerobic exercise means you are working hard enough to get your heart rate up between 150-200 beats per minute. An easy way to do this is to find your pulse and count the beats for 6 seconds and then add a "0" to it. For instance if you counted 13 beats in 6 seconds your heart rate is 130. You must get your heart rate up to 150-200 beats per minute for at least 20 minutes for your body to benefit from exercise. Remember your body must be moving for at least 20 minutes.

Each sneaker is worth 20 minutes of aerobic exercise or 1 mile. Color in the sneaker, fill in the type of exercise you do and date the sheet. All sheets must be signed by a parent/guardian. If you exercise for more than 20 minutes you may fill in more than one sneaker. For example, if you were swimming for 1 hour, you may fill in 3 sneakers.



Once you fill in all the sneakers, pass in your sheet at the library in the "Fit & Lit" box. During gym class you will be awarded your Toe Token! One sheet equals one token.

Have fun and happy exercising!!























# Fitness Log for Fit & Lit

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

20 MINUTES OF EXERCISE = COLOR 1 SNEAKER!

Date	Type of Exercise	Color in Sneaker
		
		
		
		
		
		
		
		
		
		

Date	Type of Exercise	Color in Sneaker
		
		
		
		
		
		
		
		
		
		

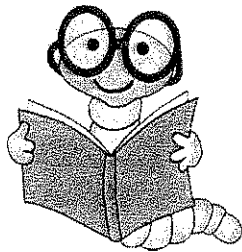
## The “Lit” in Fit & Lit



Fit & Lit is a program that is designed to establish healthy habits in literacy and fitness for a lifetime. The “Lit” part is “Literacy”. To promote reading we want you to record, on the back of this sheet, the amount of time you read. It is a fun way to keep track of your reading and to earn tokens!

You will notice that on each sheet the you will write your full name, grade and classroom teacher. All you have to do is record the date and title and then color in a book for every 20 minutes of reading. Once all of the books are colored in, turn in the sheet and you will earn a book token! All sheets must be signed by a parent/guardian and dropped off in the CES library. A special box for both Fit and Lit sheets will be provided and extra sheets will be available for the taking.

**Please start turning those pages and moving those feet!!!**



# Reading Log for Fit & Lit


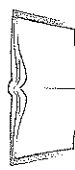






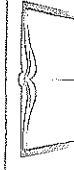

Student Name: \_\_\_\_\_











Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

20 MINUTES OF READING = COLOR 1 BOOK!

Date	Title of Book	Color in Book
		
		
		
		
		
		
		
		
		
		

Date	Title of Book	Color in Book
		
		
		
		
		
		
		
		
		
		



## Thank A Teacher This 2016 Holiday Season!

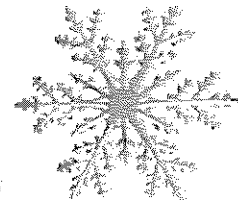
A meaningful way to recognize a teacher this holiday season is through *the Amesbury Educational Foundation, Inc.'s* A+ AWARD!

- ✧ Donations may be made in ANY amount.
- ✧ Each honoree will be sent a card indicating that you have made a gift in his or her name (Donation amounts will not be disclosed).
- ✧ AEFI will place a list of all the A+ Award recipients on its AEFI website.
- ✧ AEFI will also notify the teacher's principal about the distinction. The donation period beings anytime and continues up until the holiday vacation!
- ✧ Please visit [www.aefionline.com](http://www.aefionline.com) for further information

The A+ AWARD says, "Thank You" and also keeps on giving, as the donations you make will go right back towards funding more innovative projects that directly improve the Amesbury school experience for all students.



And please "like" *Amesbury Educational Foundation, Inc.* on Facebook



## ***Amesbury Educational Foundation, Inc. (AEFI)***

Enhancing and Broadening Community Support for Public Education

### ***A+ AWARD Holiday, 2016***

Yes, I would like to recognize the following teacher (s), administrator(s) or support staff for his/her outstanding work on behalf of the children in the Amesbury Public Schools:

Teacher or Staff Person's Name	School
Teacher or Staff Person's Name	School
Teacher or Staff Person's Name	School
Teacher or Staff Person's Name	School

Each teacher / administrator / staff member will receive a card from ***AEFI*** noting the donor's name (but not the amount of the gift). All names of "honorees" will appear in an ad in on the website and posted in the schools. The principals of each "honoree" will be notified.

Your Name(s) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ e-mail \_\_\_\_\_

I / we would prefer to remain anonymous \_\_\_\_\_

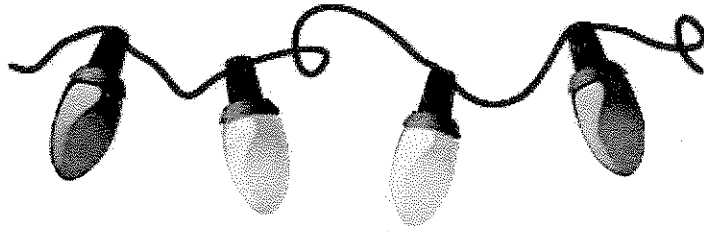
Please make checks payable to the ***Amesbury Educational Foundation, Inc. (AEFI)***. All contributions are tax-deductible to the fullest extent of the law

**Thank you for your continued support.**

Please mail contributions to:

**Amesbury Educational Foundation, Inc.  
P.O. Box 245  
Amesbury, MA 01913**





## AMESBURY HOLIDAY PARADE

December 3, 2016  
STARTS AT 3:30

GET YOUR GROUP TOGETHER AND REGISTER  
ONLINE @ [www.amesburyholidayparade.com](http://www.amesburyholidayparade.com)

THEME - TOYLAND

PERHAPS A SPECIAL VISITOR FROM THE NORTH  
POLE!

LOTS & LOTS MORE INFORMATION TO COME SOON!

ANY QUESTIONS CONTACT:

MICHELLE LAMOTT -

[MICHELLELAMOTT@COMCAST.NET](mailto:MICHELLELAMOTT@COMCAST.NET)

KATE CURRIE- [CURRIE.KATHERINE76@GMAIL.COM](mailto:CURRIE.KATHERINE76@GMAIL.COM)

WE WILL BE NEEDING VOLUNTEERS FOR DAY OF  
THE EVENT!

